BY SELENASEA WITH GRATITUDE TO NEVILLE GODDARD

SPIDERS TO SUNFLOWERS

A SHORT STORY ABOUT TURNING NEGATIVE EMOTIONS INTO POSITIVE OUTCOMES

Hey, you can actually use those negative emotions you're feeling! In fact, they're *very* powerful for creating what you want.

Because fear, doubt, and negativity create such strong *feelings* in us, they're all superpowers we can use.

Instead of letting your mind linger on what's upsetting, try to flip it to something positive right away. As a small example, I'm terrified of spiders and had a scary run-in with one a few weeks ago, so I was worried about it happening again.

So, after that, I decided that every time I thought of a spider, I'd picture sunflowers in my mind instead.

After a few times, it became automatic: "spider thought" = "sunflowers thought".

Not only that, I flipped the fear *feeling* and turned it into excitement about getting a bunch of sunflowers. So as soon as the fear of a spider came to mind, I said to myself, *"Wow! Thank you for the sunflowers!"* and *felt* excited.

That was it. No other techniques!

I did this for just three days, very occasionally, before my husband walked in with a huge bunch of sunflowers for me – he'd never got those for me before!

Negative emotions can really work for you, sometimes even more powerfully than positive affirmations because the *feelings* are so strong! 😊

The bigger the fear, the bigger you can make the thrill...

Hope you enjoyed this little story.